

Dissociative Ability Scale (Revised)
(Slonena *et al.* 2018)

After each statement, please circle the number which best applies to your experience, where 1 means that never happens to you, 2, 3 and 4 mean it is increasingly familiar, and 5 means that it is a common experience for you.

1. I can focus so completely that I lose track of what is happening around me.

Not at all 1 . . 2 . . 3 . . 4 . . 5 Very much so

2. I have the ability to go on automatic pilot during a familiar task.

Not at all 1 . . 2 . . 3 . . 4 . . 5 Very much so

3. I have the ability to be so absorbed in a television show or movie that I can become unaware of other events that are occurring around me.

Not at all 1 . . 2 . . 3 . . 4 . . 5 Very much so

4. I have the ability to get so completely caught-up in my thoughts that I can become totally unaware of the passage of time.

Not at all 1 . . 2 . . 3 . . 4 . . 5 Very much so

5. Some of my daydreams and fantasies can become so vivid that I am able to feel like it is actually happening.

Not at all 1 . . 2 . . 3 . . 4 . . 5 Very much so

6. I have the ability to recall an event so vividly that I feel as if I'm actually reliving it.

Not at all 1 . . 2 . . 3 . . 4 . . 5 Very much so

7. I can observe my behavior as if I am watching someone else.

Not at all 1 . . 2 . . 3 . . 4 . . 5 Very much so

**** The following is not given to the person being tested ****

For scoring, sum the responses to items 1 to 4 and divide by 4 (i.e. find mean) to give the *Focused Attention* score. The mean of items 5, 6 and 7 (sum and divide by 3) is the *Vivid Imagination* score. Testing has shown that in the general population the mean scores for both measures is close to three, with standard deviations of about 0.9.